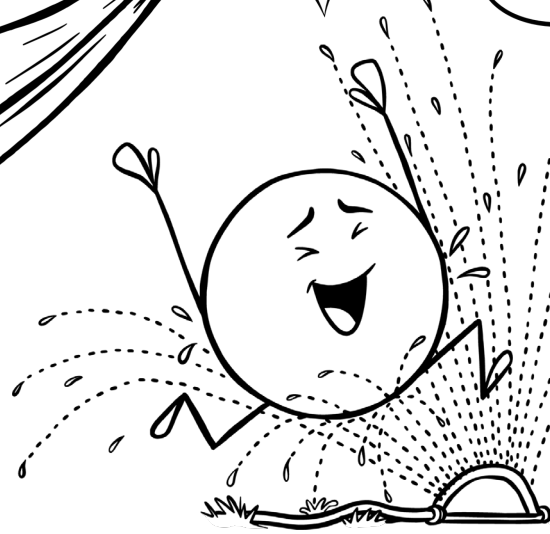
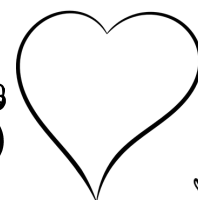
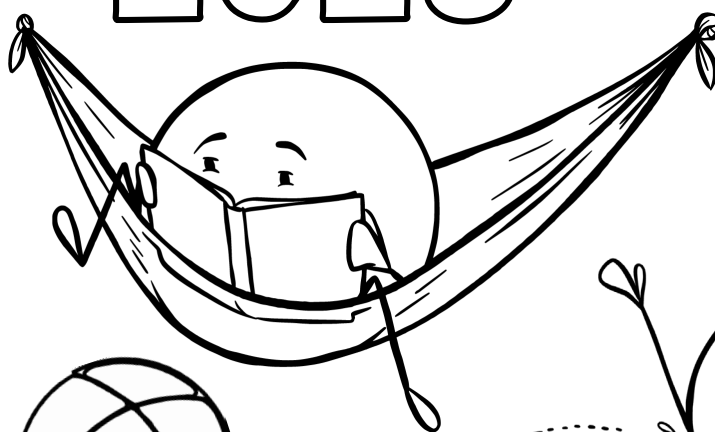
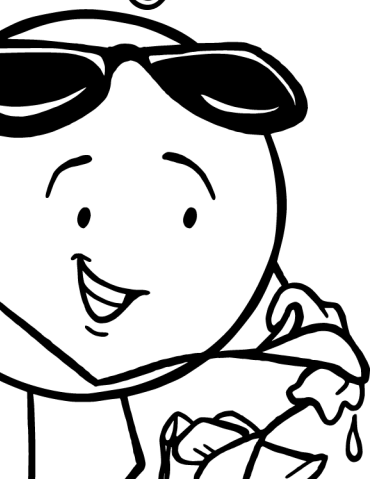
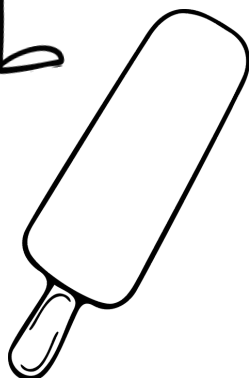
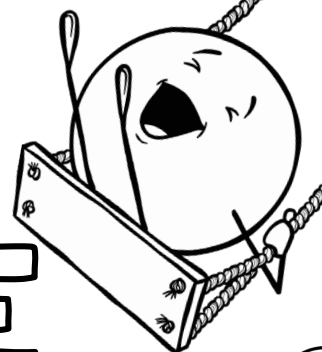


SUMMER WELLBEING CHALLENGE 2025



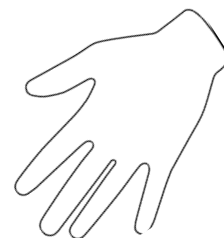
Welcome to your holiday diary. You will find 30 challenges to do over the holiday period. Do them in any order and fill in your diary when you have done them.

Below you will see a table of all the things we want you to have a go at. Try your best and enjoy them.

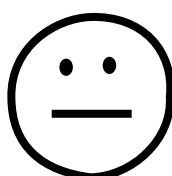
Helping hand	Make a den	Nature hunt	Dance routine	Mindful colouring
Star qualities	Movie night	Exercise routine	Book challenge	Learn a new skill
Design a new emoji	Today is a good day	Create	Who do you admire?	Connect with friends
Super organised	Make heart hugs	Monitor your mood	Make a bookmark	A to Z of calm
Proud cloud	Grateful jar	Worry wobbles	Safe and happy place	Wishes and dreams
Compliments	Happy photo wall	Getting ready Do this one last it will help you get ready for going back to school	View from your window	Community

HELPING HAND

What can you do to help someone today? Make a helping hand. Draw around your hand with pencil and write the name of the person in middle and all the things you could do to help them on each finger. How did it make you feel to help someone? Colour in the emoji.



sad



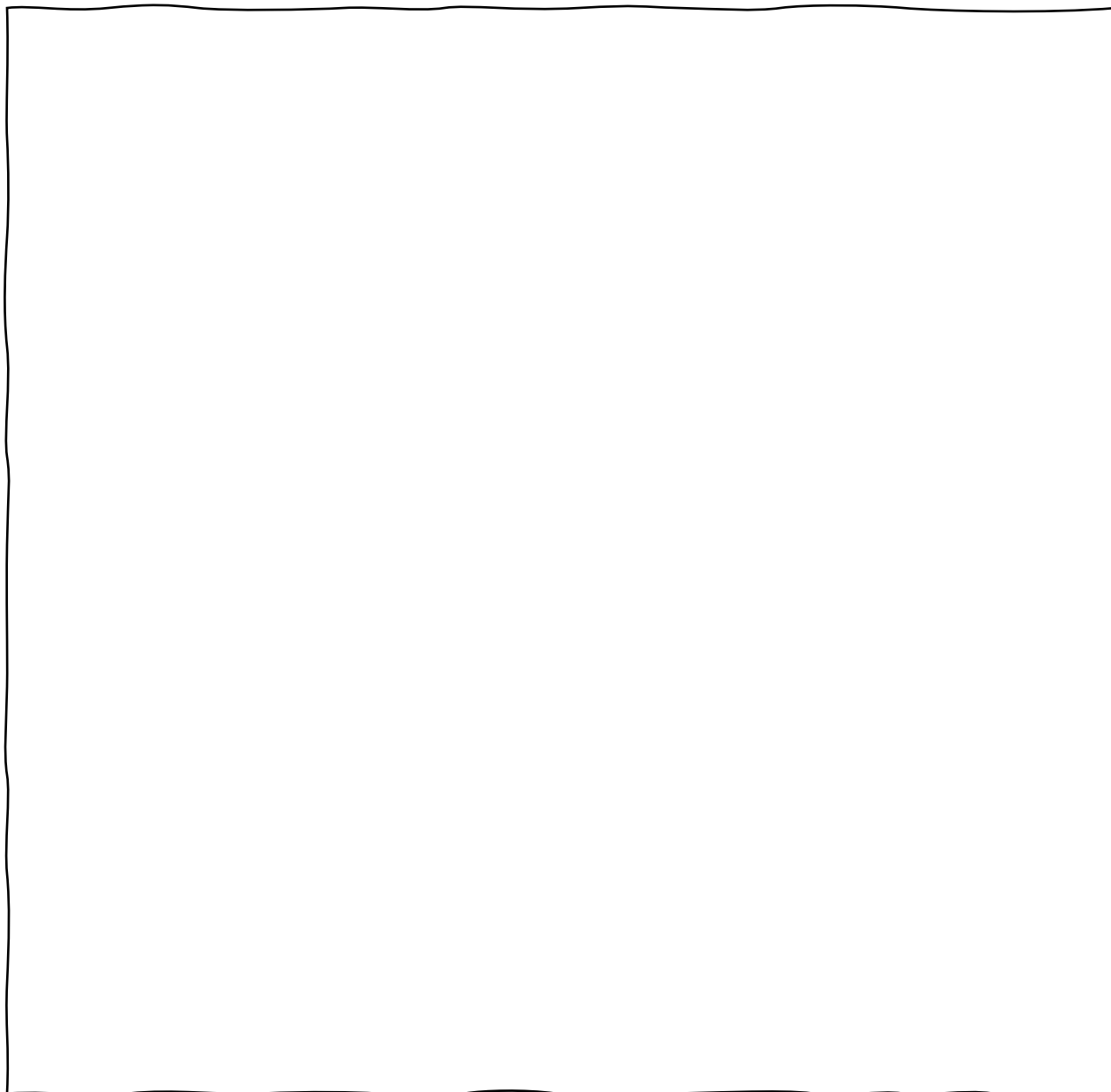
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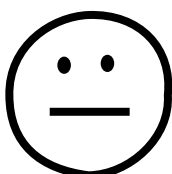
happy

MAKE A DEN

It can be great fun to create your own den. If it is a nice day you might be able to do it outside but if not it could be anywhere in your house. Make it cosy and welcoming. You could put some books, cuddly toys, music, blankets, cushions or anything you feel makes you relaxed. Draw your den and then decide how it makes you feel to be in your den. Colour in an emoji.



sad



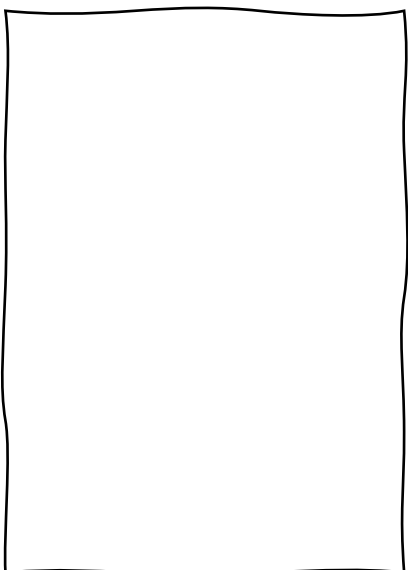
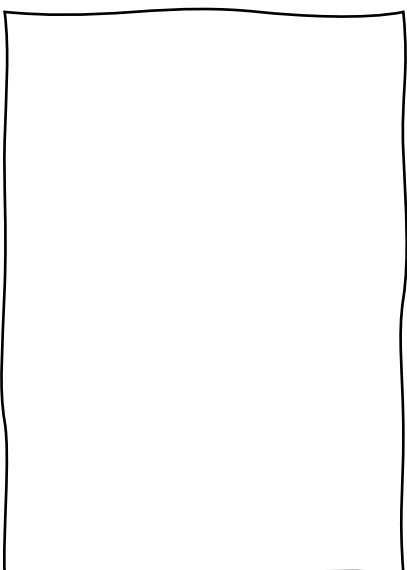
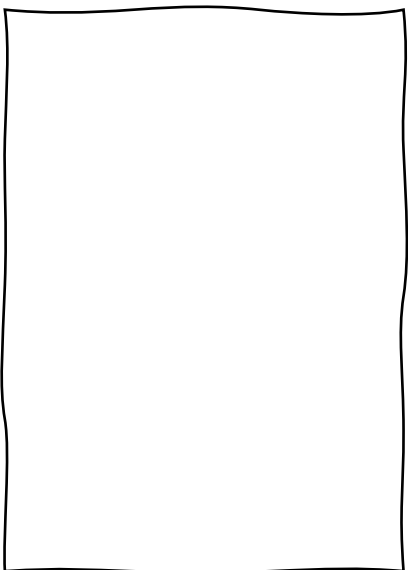
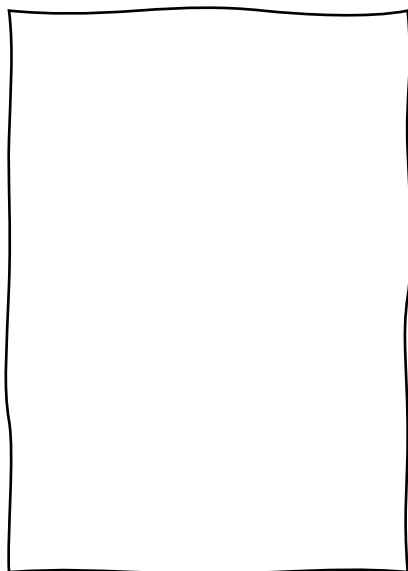
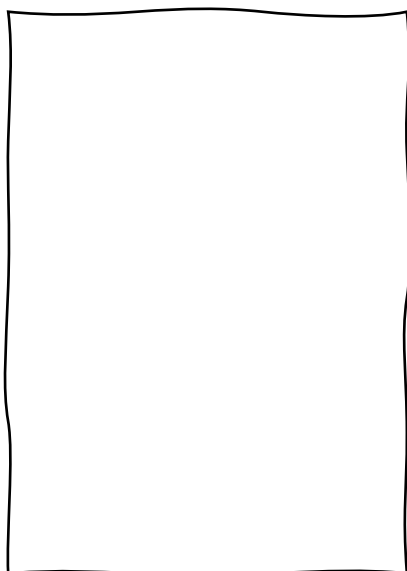
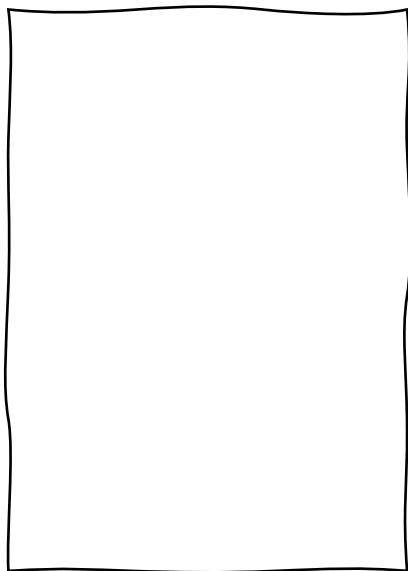
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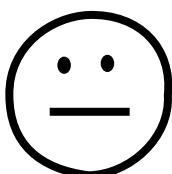
happy

NATURE HUNT

It can be really interesting to find things in nature. You might want to hunt for bugs (don't touch though), twigs, stones, flowers, birds, leaves etc. You can look for anything in nature today. Ask an adult to help you. Take photos and stick them below or draw some of the things you found below. How did it make you feel looking for things in nature. Colour in the emoji.



sad



ok

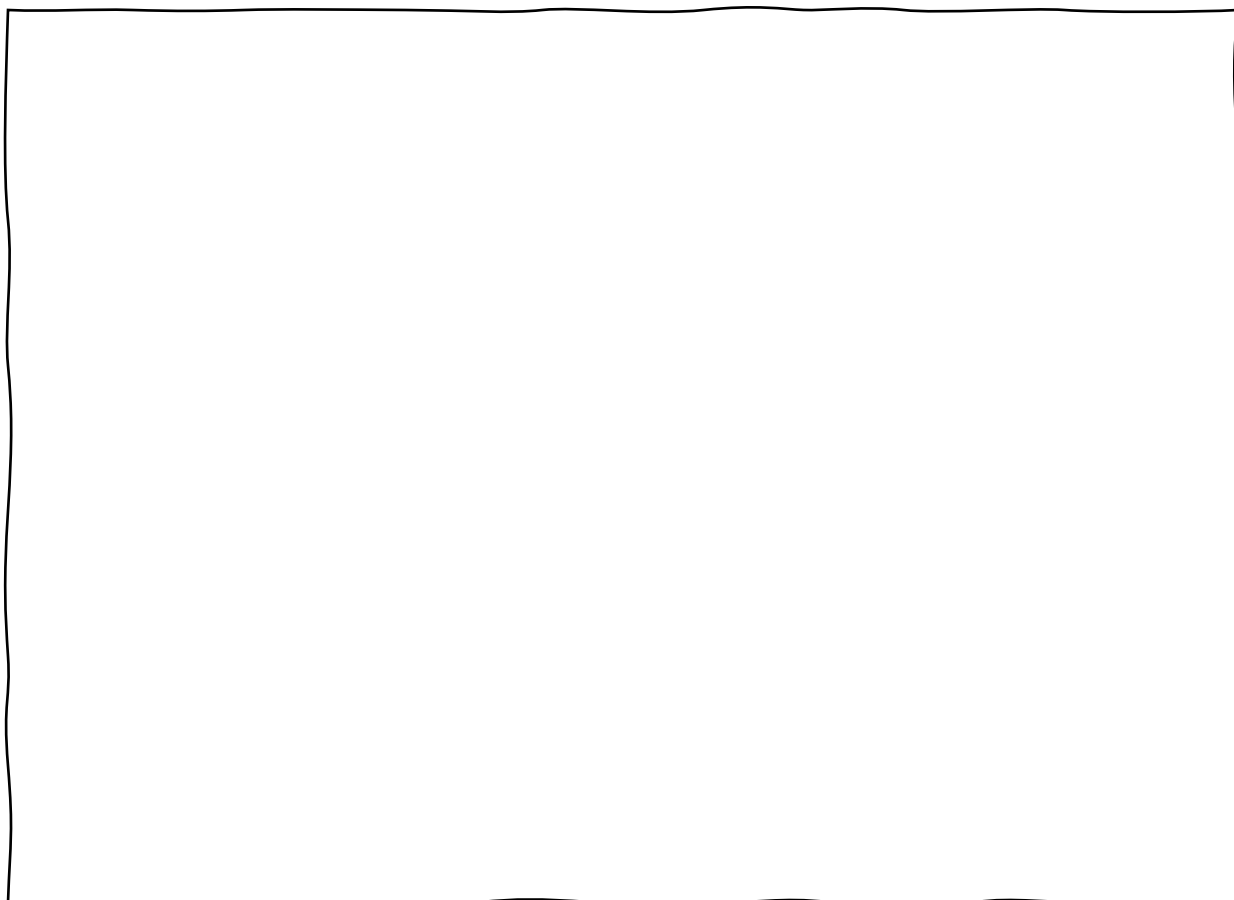


happy

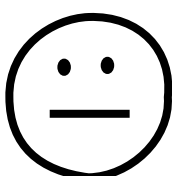
DANCE ROUTINE

It can be great fun having a good dance around to your favourite music. Make up or learn a new dance routine today. Find your favourite music and dance away. You could perform it to your family or better still teach them your routine and you can all dance together. Write down the music you used and draw a picture of you dancing. How did it make you feel? Colour in an emoji.

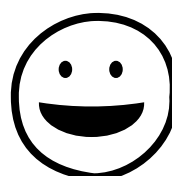
The music I used was....



sad



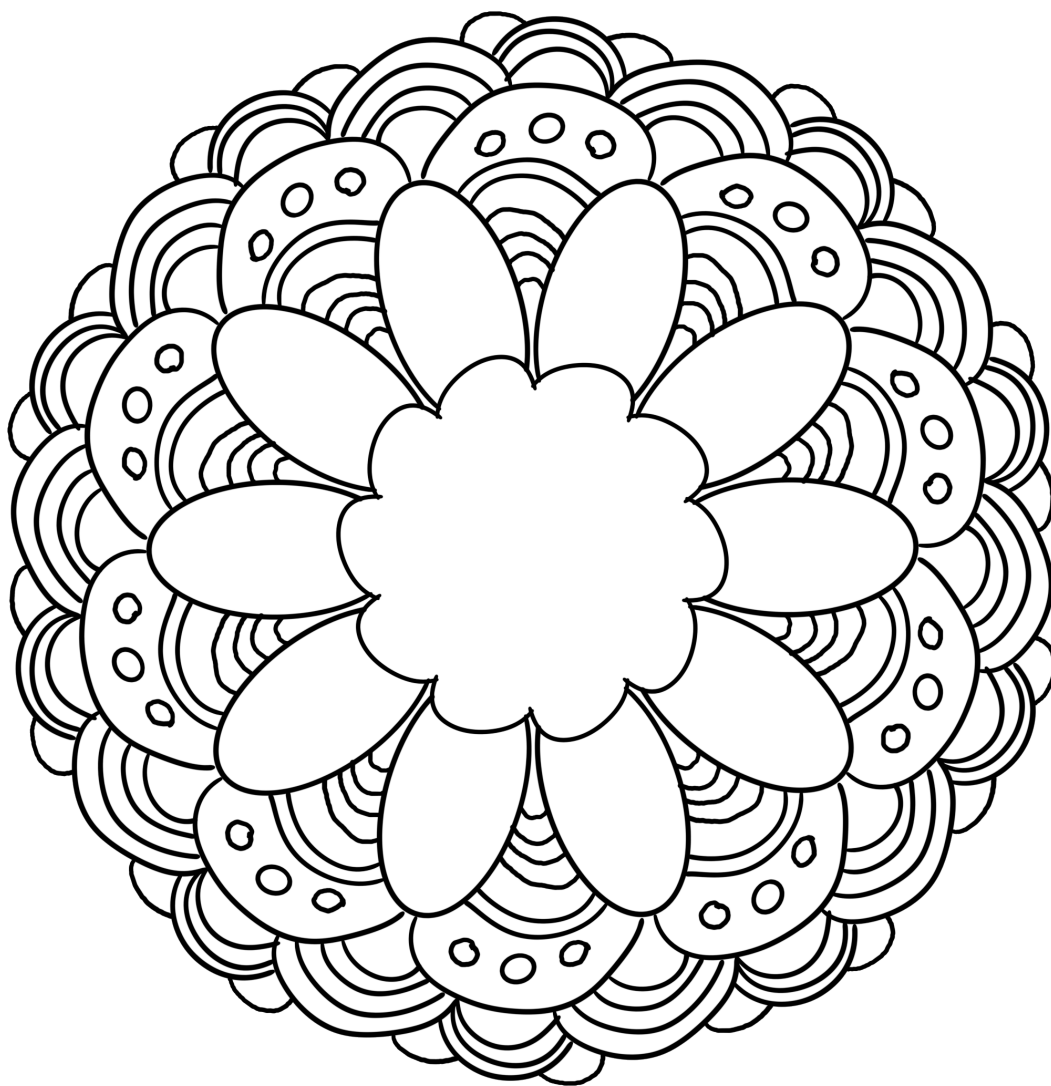
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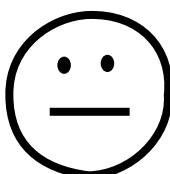
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MINDFUL COLOURING

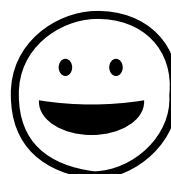
Taking a break and colouring can really help you be more mindful. This challenge is about colouring but only using 3 colours. Concentrate on your colouring and make it look amazing. Which colours will you choose? How did it make you feel? Colour in an emoji.



sad



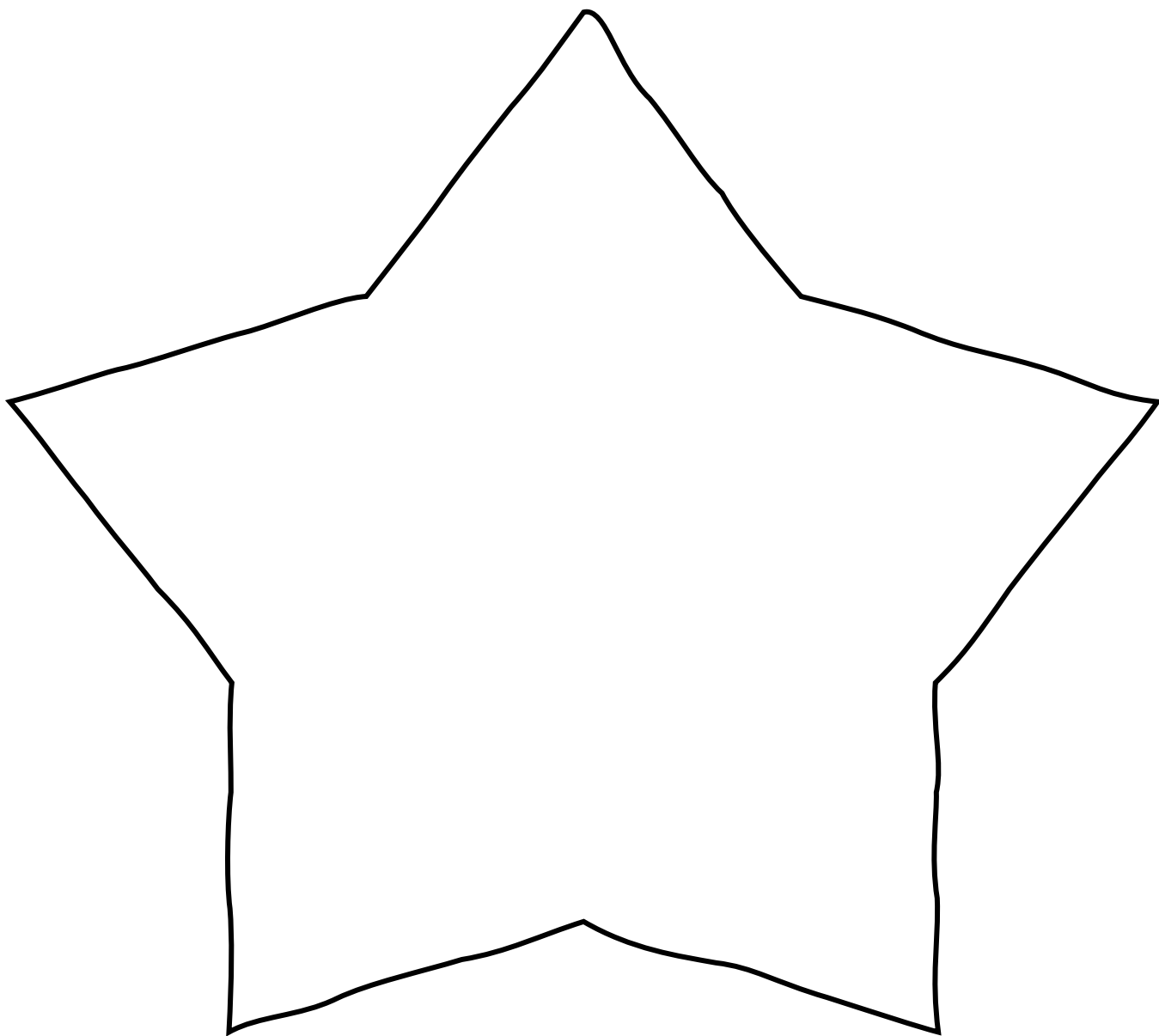
ok



happy

STAR QUALITIES

You are a star and you probably don't realise it. You can do so many amazing things. Draw yourself in the middle of the star and then think about all the things you are good at and you are talented at. Write one in each point of the star. How did it make you feel doing this activity? Colour in an emoji.



sad



ok



happy

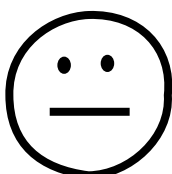
MOVIE NIGHT

Everyone likes watching a favourite movie. Getting yourself all cosy together with popcorn, snacks and a favourite drink. Plan a movie night tonight. Decide what you want to watch. Get some snacks ready and enjoy. Write down the movie you watched and then draw your favourite bits of the movie. How did it make you feel watching your movie? Colour in an emoji.

The movie we watched...



sad



ok



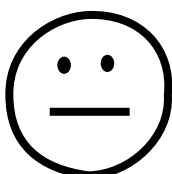
happy

EXERCISE ROUTINE

Today see if you can make up your own exercise routine. Exercise is good for us and you should be aiming to do some every day. Watch some Joe Wicks on Youtube and see if you can make your own routine using some of his ideas. Can you teach your routine to your family? Can you draw out your routine just using you as a stick person? How does exercise make you feel? Colour in an emoji.



sad



ok

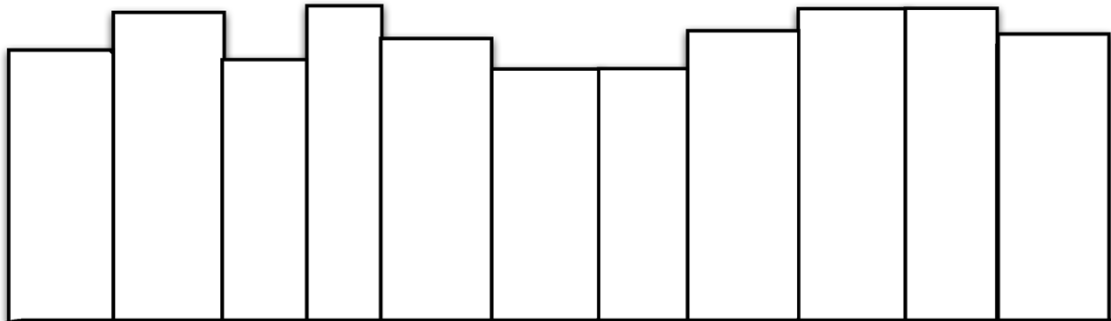


happy

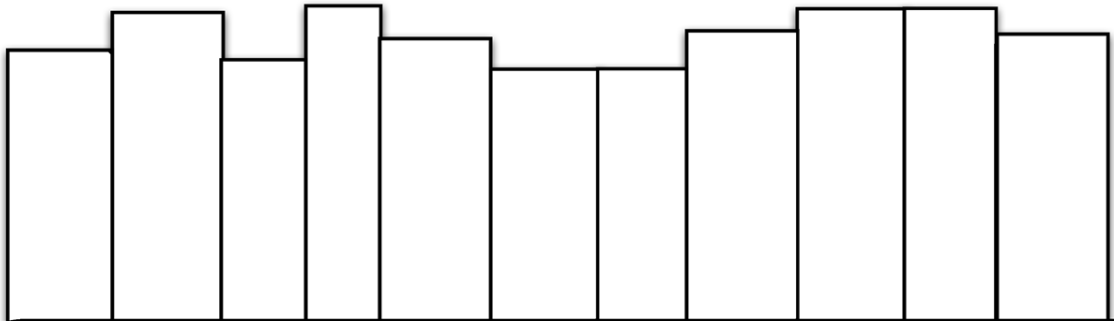
BOOK CHALLENGE

Reading books is amazing for our wellbeing. We can lose ourselves in a story and really enjoy ourselves. We can also learn more things by reading. Your challenge is to read as many books as you can over the holidays and write the titles on the books here. You can colour in the books too! How does it make you feel to read a book?

Colour in the emoji.



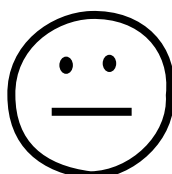
Books I have read this holiday



Books I have read this holiday



sad



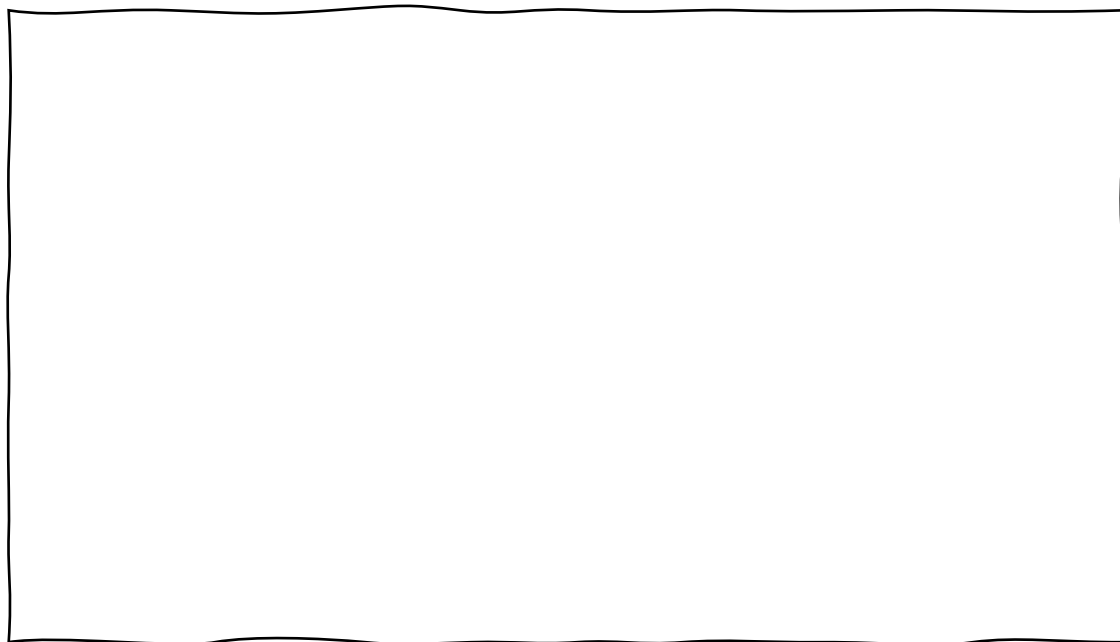
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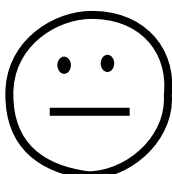
happy

LEARN A NEW SKILL

Learning new skills can make you feel really good about yourself. Sometimes it is tricky to learn something new and you need to keep practising and trying your best. Choose some skills you would like to learn and make a list. Choose one or more to practise over the holidays. Draw a picture of you using your new skill. How does it make you feel to learn something new?



sad



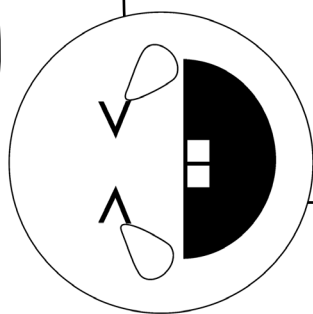
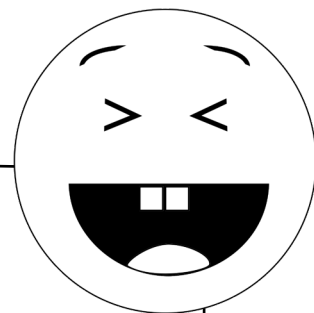
ok



happy

DESIGN A NEW EMOJI

Think about the best feeling you have had this holiday. Design a brand new emoji to show that feeling. How did it make you feel to design your new emoji? Colour in one of the emojis below.



sad



ok



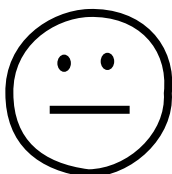
happy

TODAY IS A GOOD DAY

Why is today a good day for you? Write 'today is a good day' at the top of this box and then write or draw things that make today good!
How does it make you feel to think about the good things today? Colour in an emoji.



sad



ok



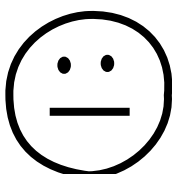
happy

CREATE

Being creative is fun! Let your imagination take over today and create something. It might be something out of a cereal box or it might be something out of pebbles, playdough, or Lego bricks. Anything at all you choose. Take a photo or draw a picture of your creation below. How does it feel to be creative? Colour in an emoji.



sad



ok

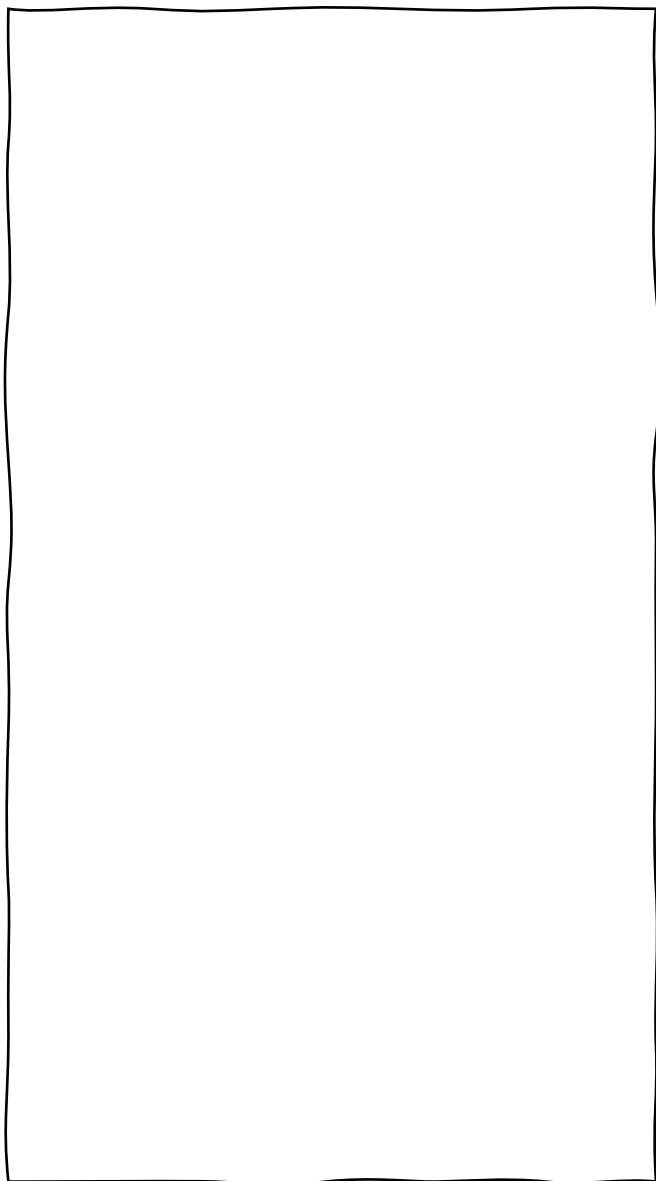


happy

WHO DO YOU ADMIRE?

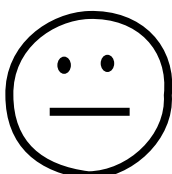
Who do you admire? It might be someone famous but it might be someone you know in your family. It might be one of your friends. What makes you admire them? Draw a picture of the person you admire and write a couple of sentences about why you admire them. How does it make you feel thinking about the person you admire?

Colour in an emoji.





sad



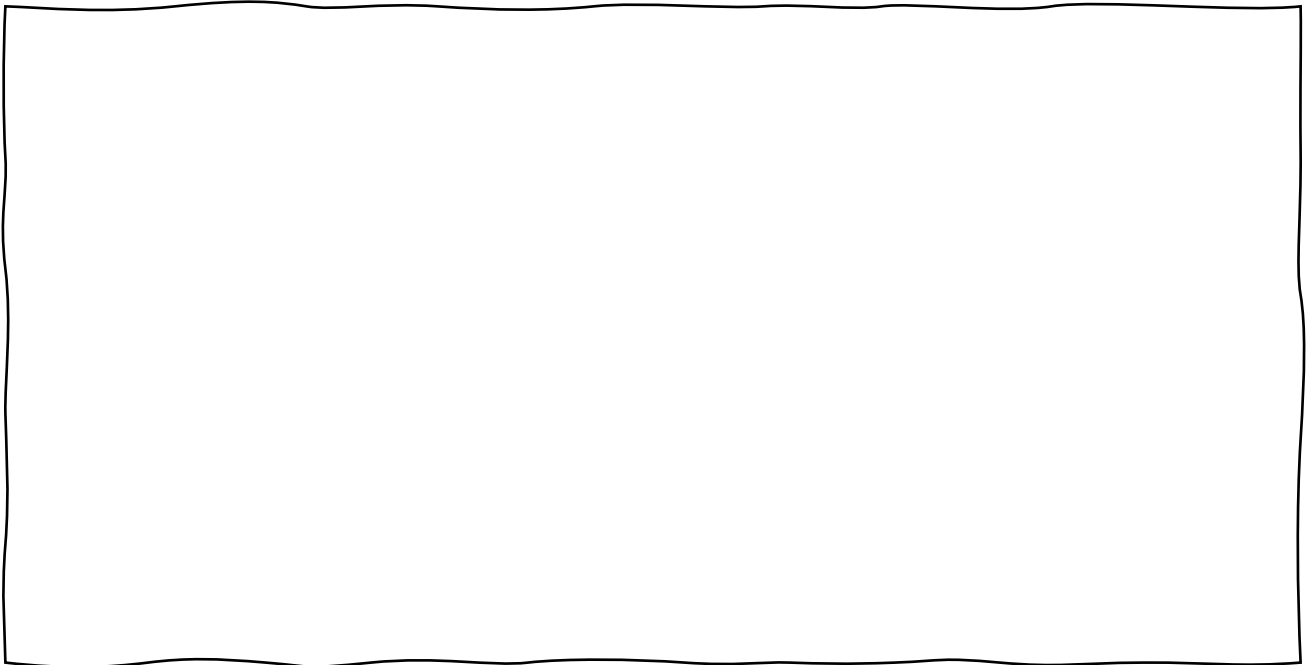
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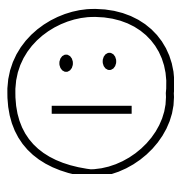
happy

CONNECT WITH FRIENDS

Connecting with our friends can make us feel good! Who can you contact today? You could telephone them or if you can, use zoom to have a chat. Write the names of the friends you contacted and draw a picture of something you talked about. How does it make you feel connecting with your friends? Colour in an emoji.



sad



ok



happy

SUPER ORGANISED

It does actually feel good to organise yourself and tidy things up. Have a go today at tidying something up in your room. It might only be your bookshelf or a toybox. It doesn't matter what you tidy up as long as you have a go. Draw a before and an after picture or take photos before and after and stick them below. How does it feel to tidy something up? Colour in an emoji.

BEFORE

AFTER



sad



ok

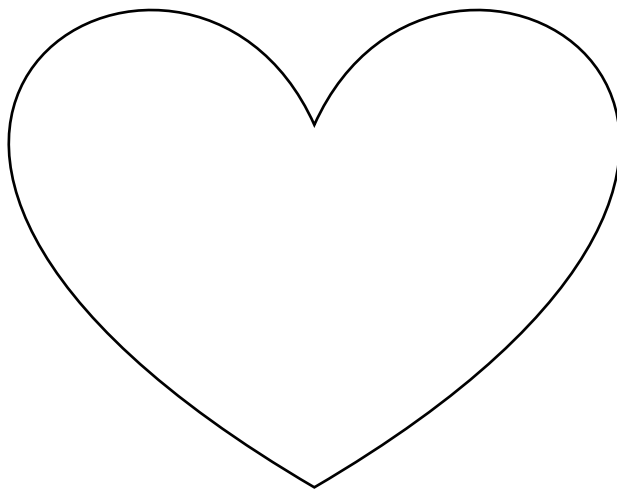
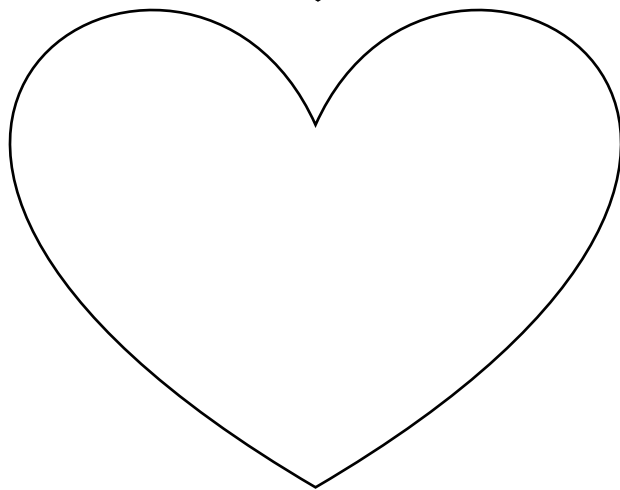
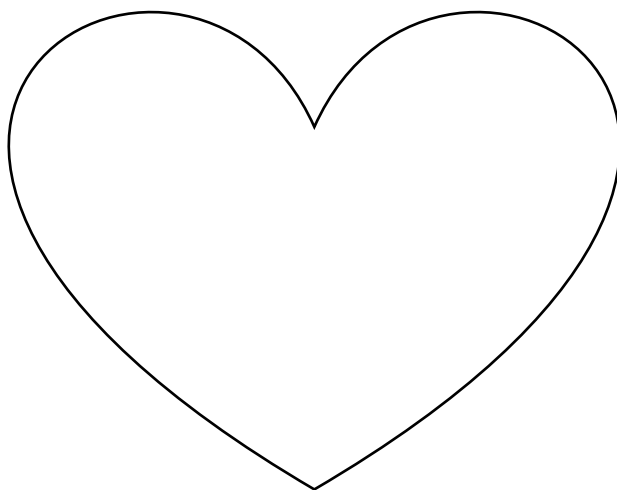
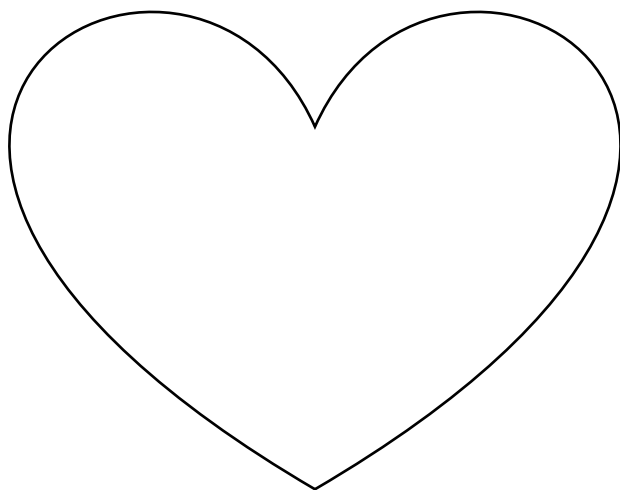


happy

HEART HUGS

Make some heart hugs to give out to people. Cut some hearts out from the templates at the back of this booklet and decorate them. Who did you give them to? Write their names in the hearts. How did it feel giving someone a heart hug? Colour in the emoji.

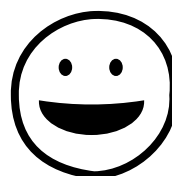
I gave heart hugs to...



sad



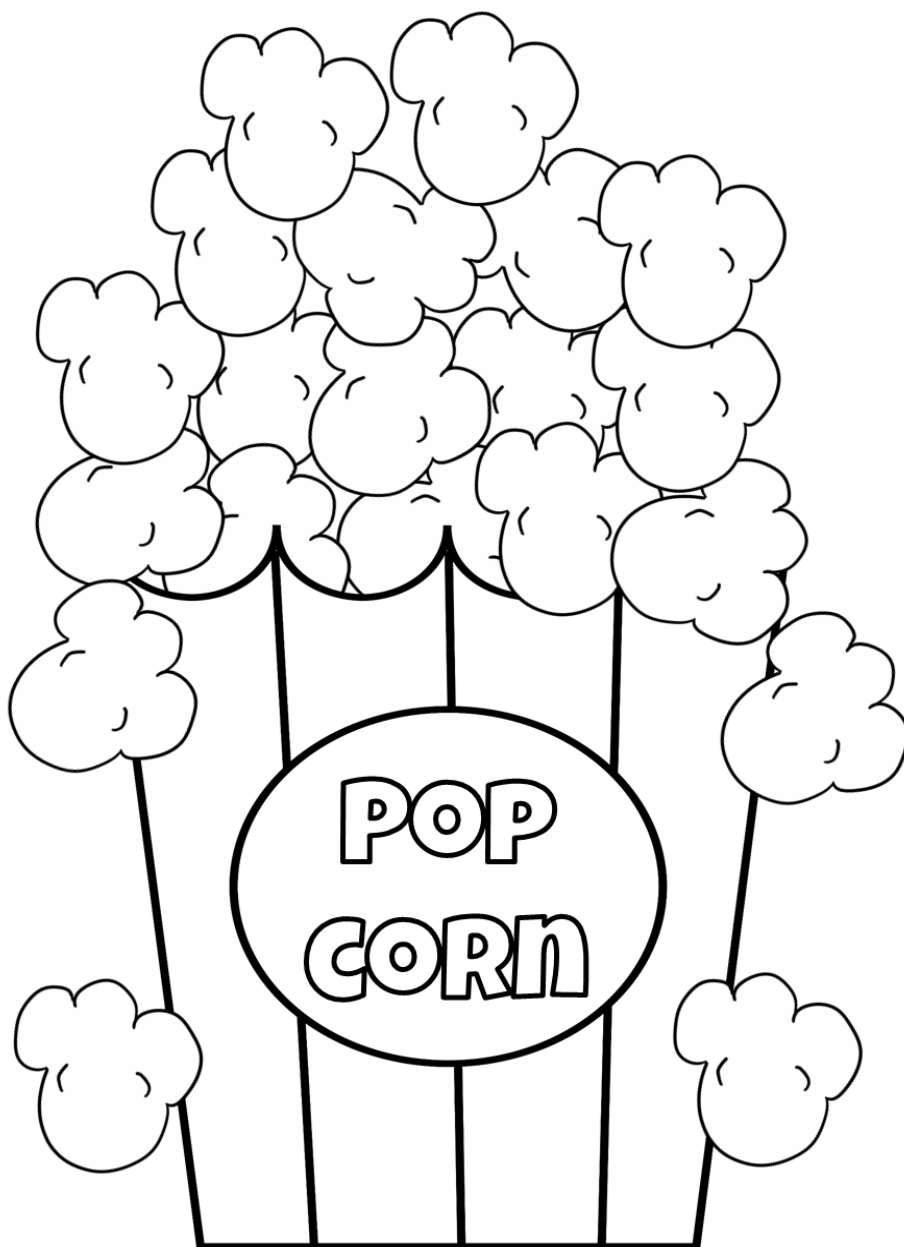
ok



happy

MONITOR YOUR MOOD

Being aware of how you feel will help you cope if you don't feel too good at the moment. Feelings are normal and they are always temporary which means they won't last. Start monitoring your mood now. Give the popcorn emotions a colour and then start colouring in your popcorn each day using the appropriate colours.



happy



sad



angry



scared



surprised



disgusted



MAKE A BOOKMARK

Make some bookmarks today to help you keep your place in the book you are reading. Make one that reminds you how amazing you are. Try and think of some characteristics that might describe you. Here is a list. Highlight the ones that apply to you. You can also add some of your own. Use these words to decorate your bookmark. The template is at the back of this booklet.

How did it make you feel making your bookmark? Colour in an emoji.

Amazing
Adventurous
Articulate
Awesome
Affectionate
Adaptable
Brave
Bright
Busy
Brilliant
Charming
Capable
Caring
Calm
Creative
Respectful
Reliable
Supportive

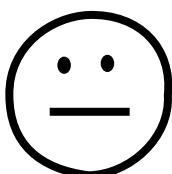
Daring
Devoted
Determined
Energetic
Eager
Faithful
Fair
Funny
Friendly
Generous
Gentle
Genuine
Helpful
Honest
Imaginative
Strong
Sincere
Thoughtful

Inventive
Joyful
Kind
Loving
Loyal
Motivated
Modest
Neat
Noble
Observant
Organised
Proud
Patient
Polite
Positive
Understanding
Unique
Warm

Write your words here



sad



ok



happy

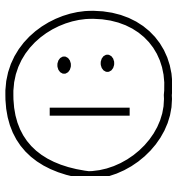
A TO Z OF CALM

What makes you feel calm? When you think about it I bet there are loads of things. Doing things that make us feel calm when we feel a bit worried or angry can actually help us feel better. Remember your list. You can look back at your list if you need to. How did it feel writing your list? Colour in an emoji.

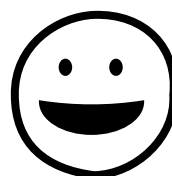
A	
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sad



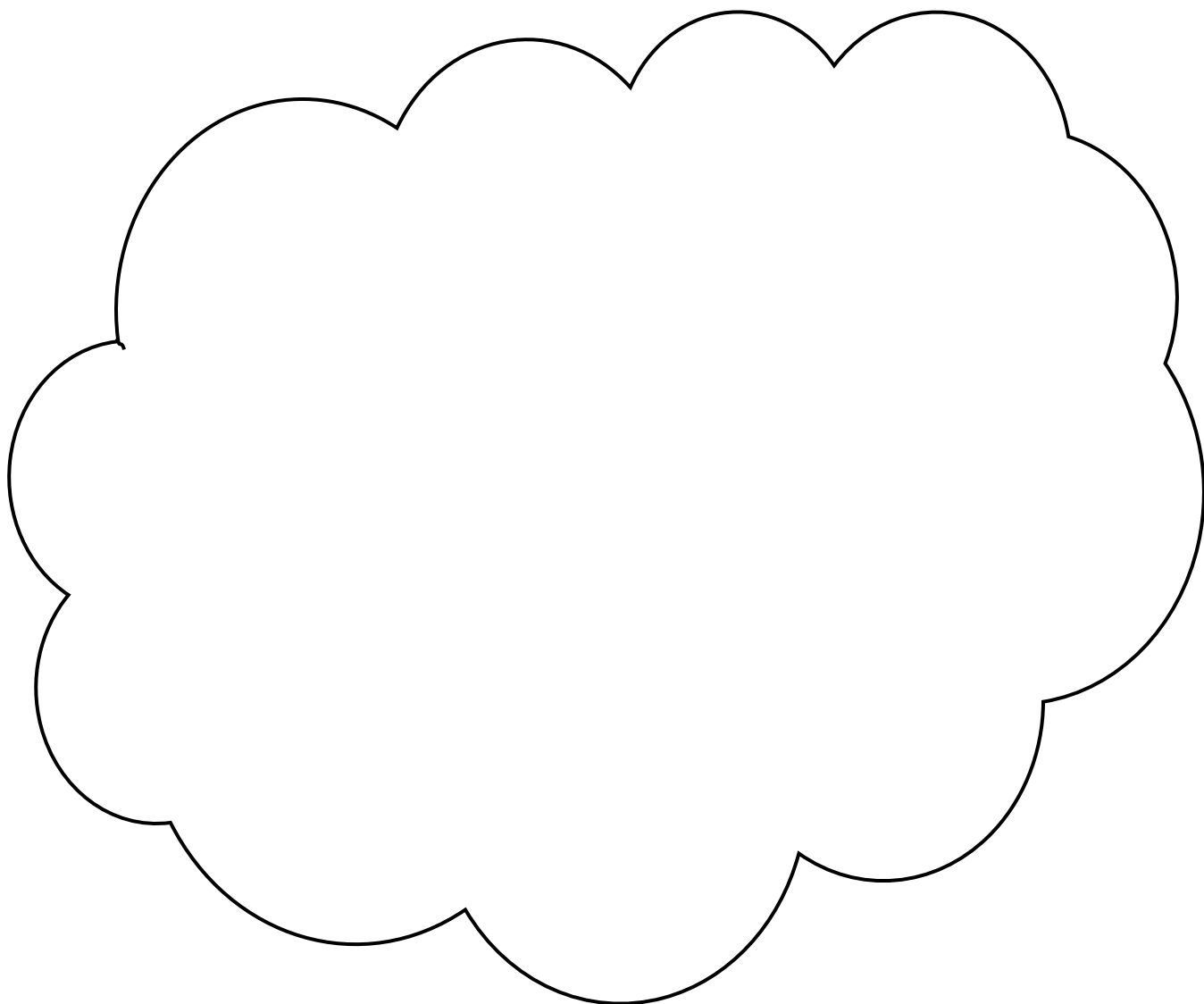
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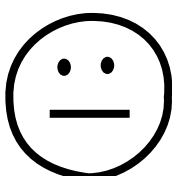
happy

PROUD CLOUD

There are lots of things you can be proud of. It might be something you did or something someone else did. Sometimes we can feel proud of our friends for doing something special or proud of our little sisters and brothers. It feels GOOD to be proud of something. Fill in this cloud with all the things you feel proud about. How did it feel making your proud cloud? Colour in an emoji.



sad



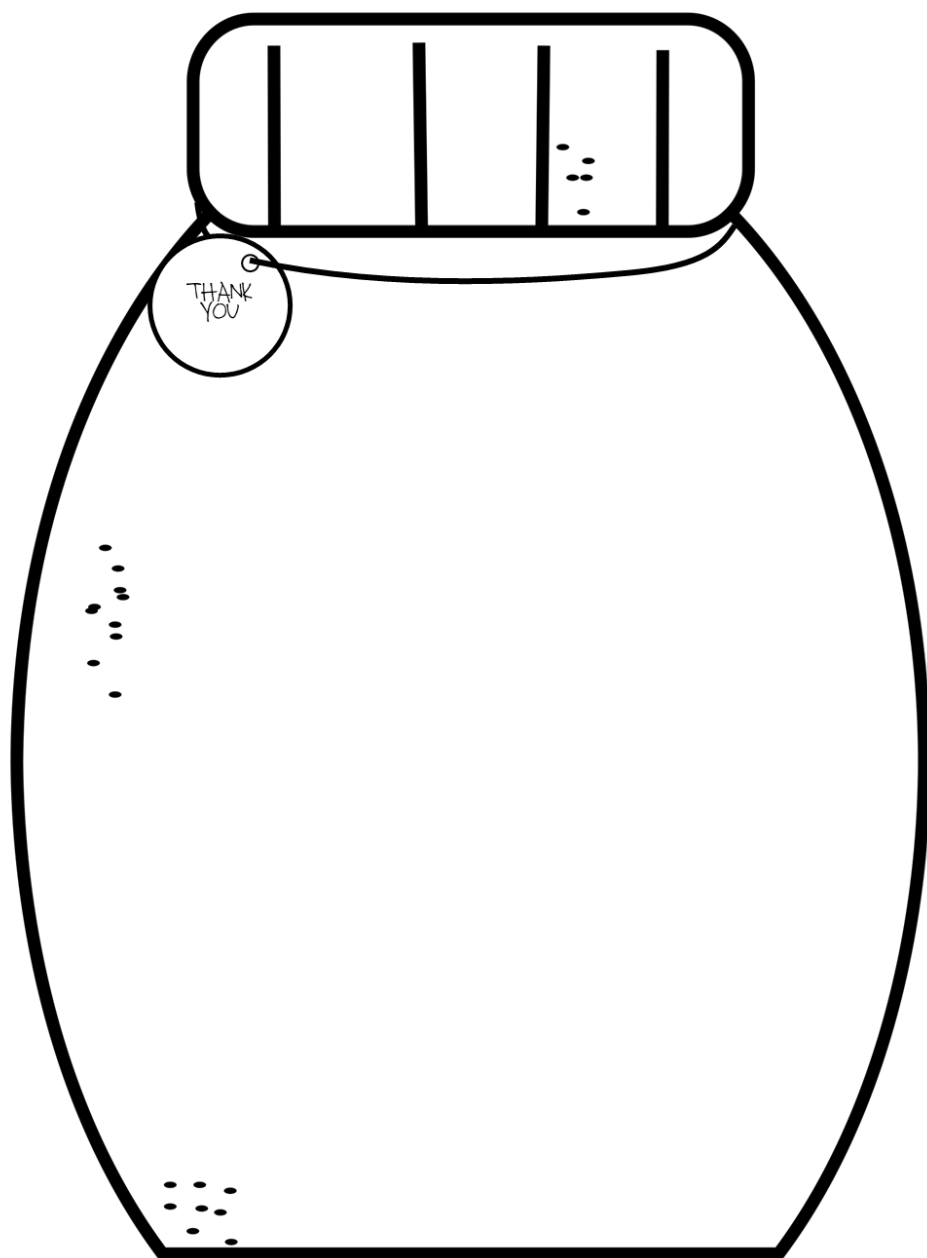
ok



happy

GRATEFUL JAR

Did you know that feeling grateful or thankful really helps to boost your happiness. Try and think of as many things as you can that you are thankful for. It could be the tiniest thing such as cocoa pops for breakfast. Practice being thankful every single day if you can. There is always something to be thankful for. How did it make you feel being thankful? Colour in an emoji.



sad



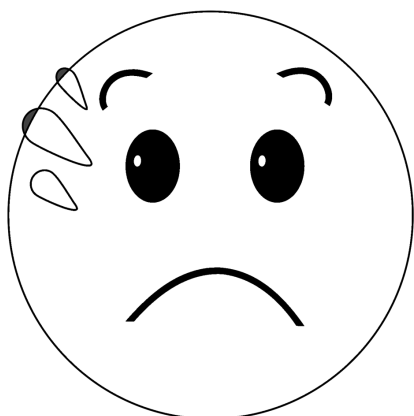
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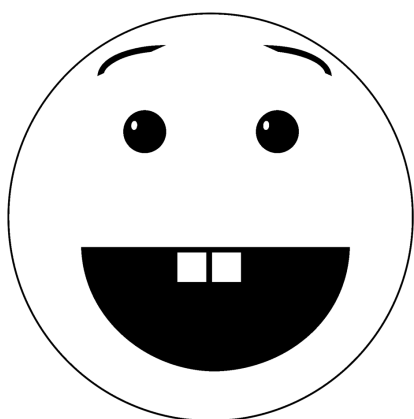
happy

WORRY WOBBLES

Everyone gets the worry wobbles. That is normal. If you get the worry wobbles there are things you can do to help yourself feel better. You can definitely talk to someone about your worries. Sometimes just writing down the worry can help you to cope. Write what you are worried about in the first speech bubble and how you can make yourself feel better in the second speech bubble. How did it feel to write down your worry and make a plan on how to deal with it? Colour in an emoji.



I am worried about...



To feel better I can...



sad



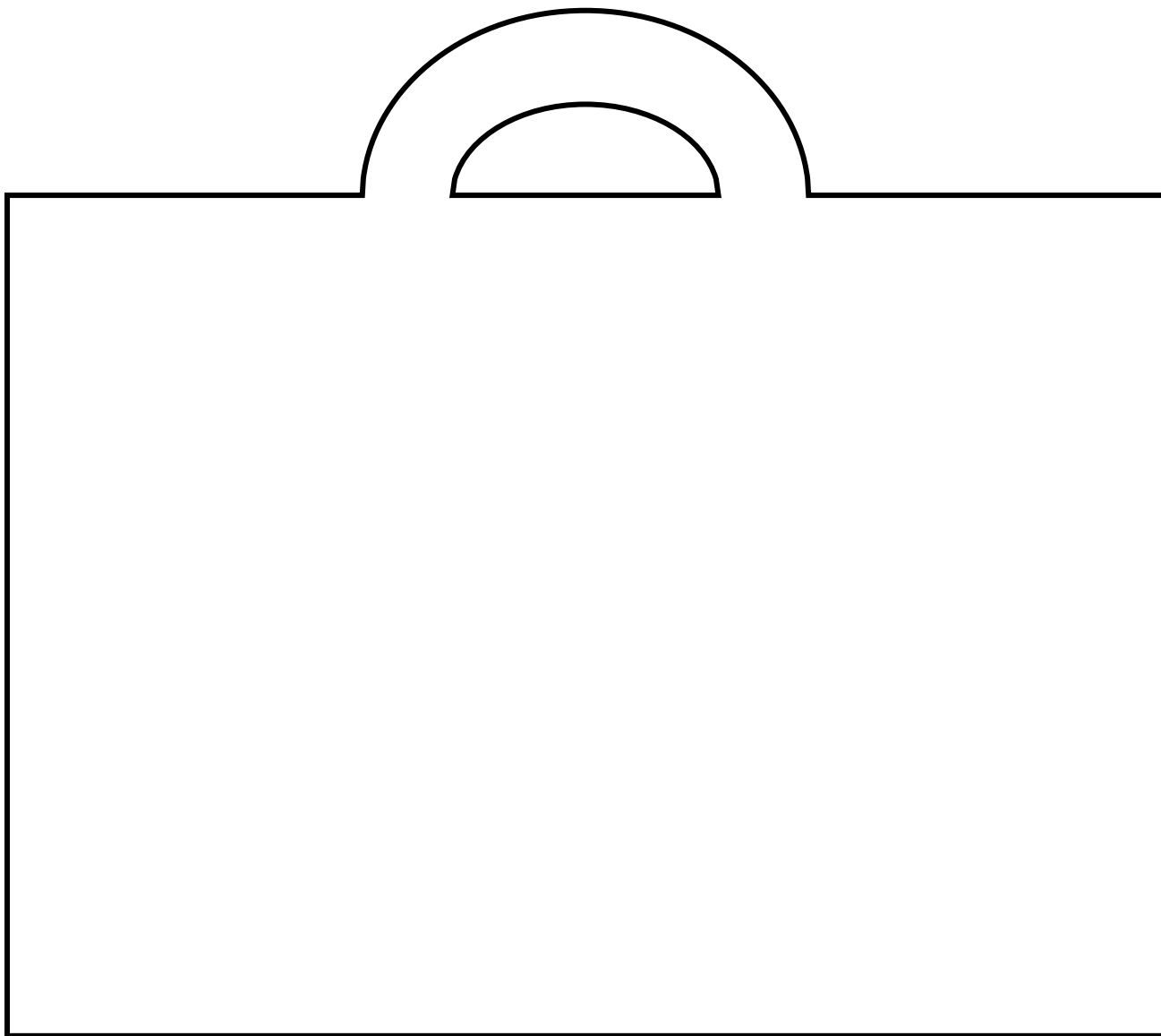
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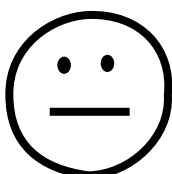
happy

SAFE AND HAPPY PLACE

What is your safe and happy place? Where do you feel the safest and happiest? Draw a picture below of your happy place. It might be your home, it might be at a family member's house. Try to draw all the details in the bag below so that if you ever feel sad, anxious or scared you can remember your safe and happy place in your imagination. You can carry it with you. How did it feel drawing your safe and happy place? Colour in an emoji.



sad



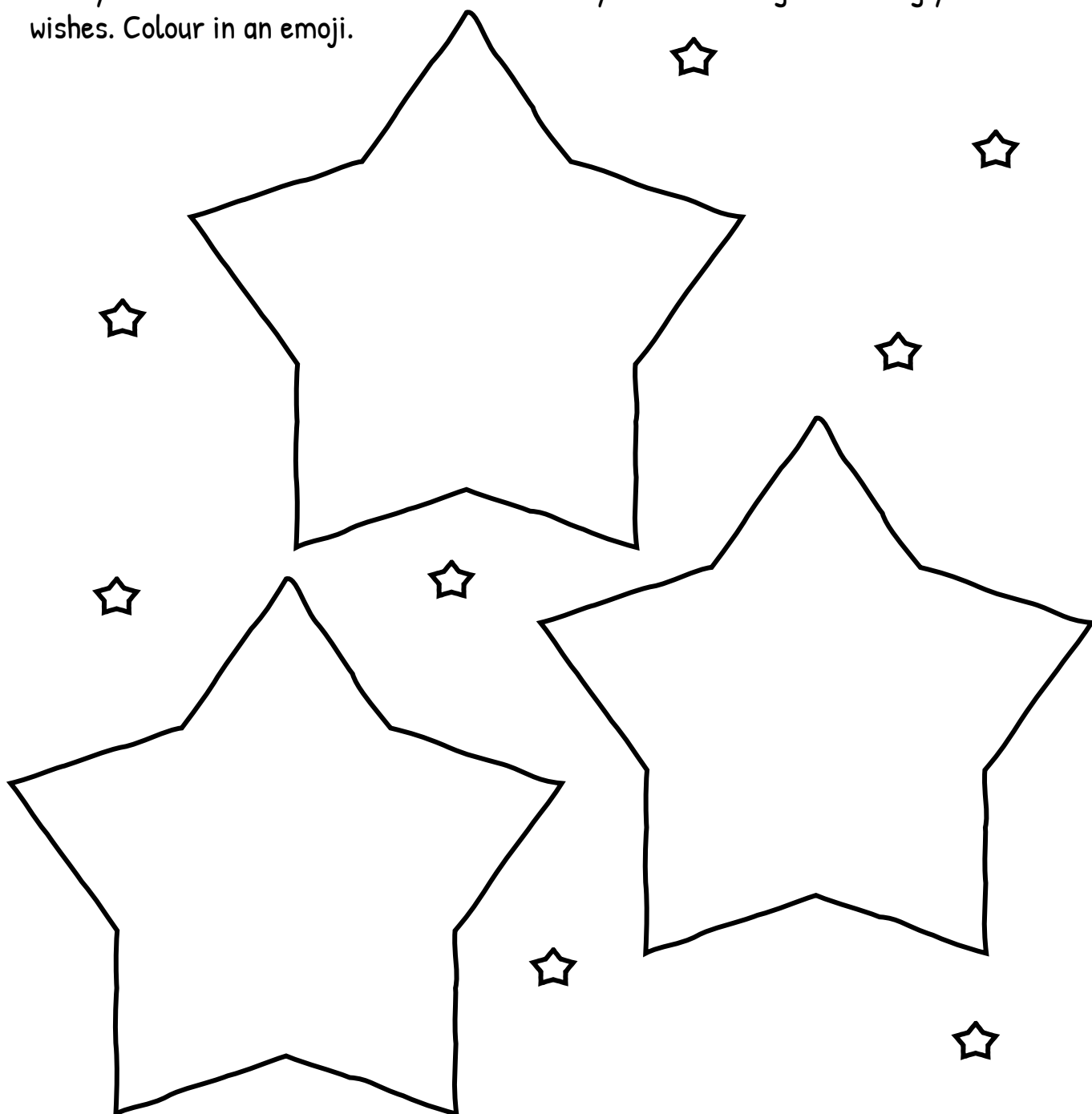
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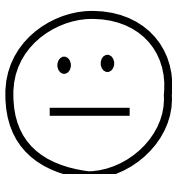
happy

WISHES AND DREAMS

Making wishes and dreams can really boost your happiness. It is lovely to imagine exciting and special things. If you had 3 wishes what would you wish for? Write or draw your wishes in the stars. How did it make you feel writing or drawing your wishes. Colour in an emoji.



sad



ok

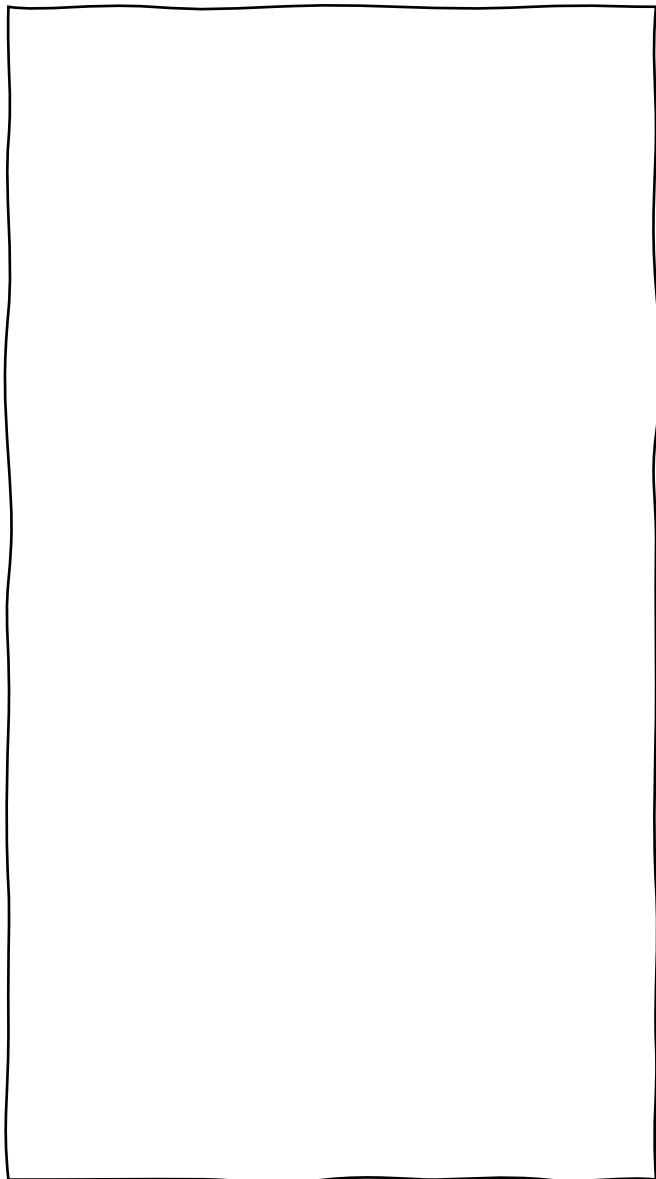


happy

COMPLIMENTS

Have you tried complimenting someone? It actually makes the person feel good and it makes you feel good too! Try it! Think about who you are going to compliment and what you might say to them. How did it make you feel to pay someone a compliment? Colour in the emoji.

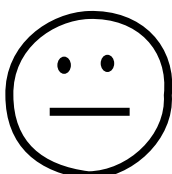
This is who I am going to compliment



These are some of the things I will say



sad



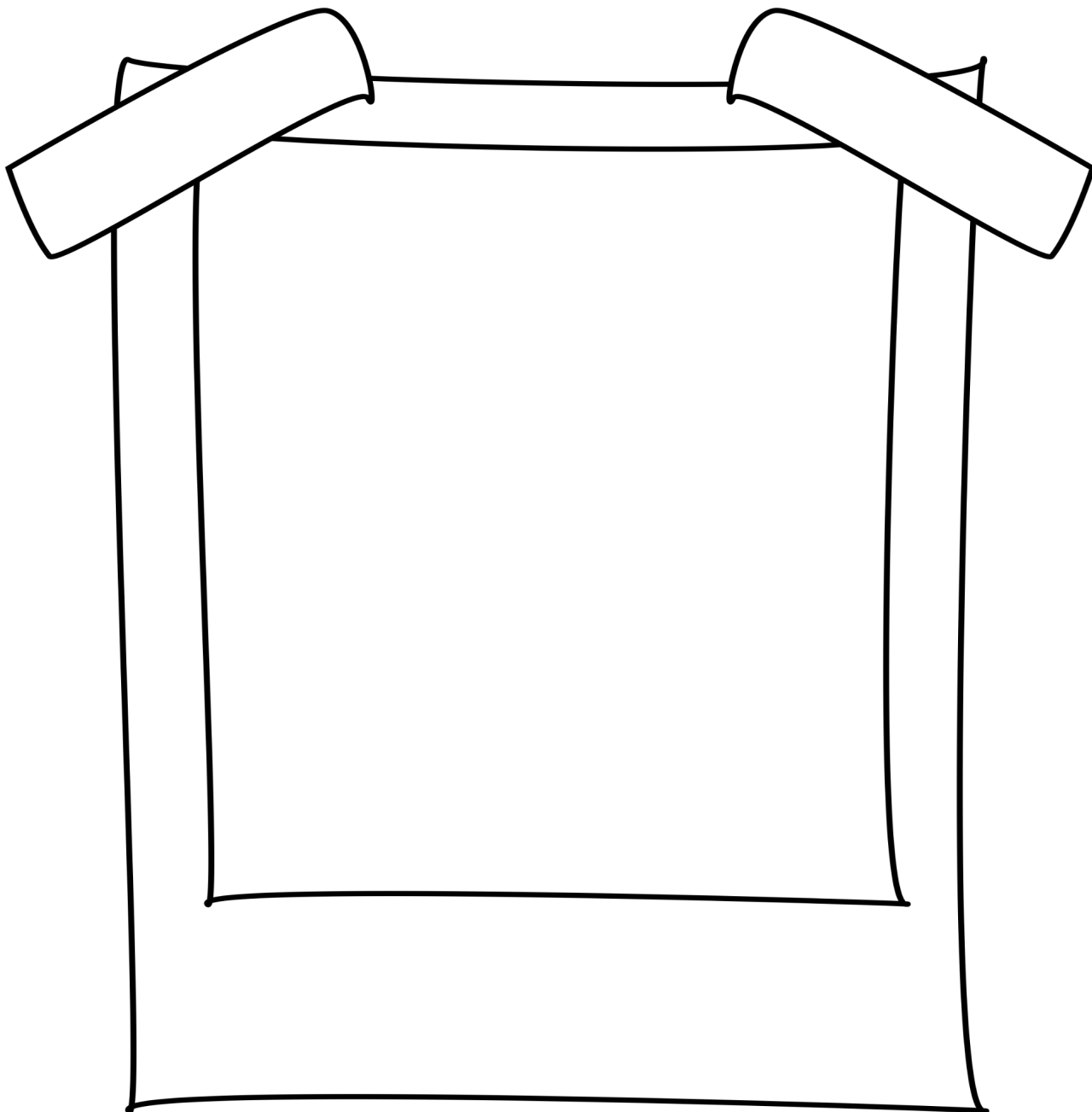
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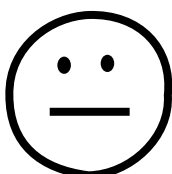
happy

HAPPY PHOTO WALL

Take lots of 'happy' photos over the holiday and make a 'happy photo wall' in your house. Lots of lovely times and memories. Take a photo of your happy photo wall and stick it below. How does it make you feel to see all those happy photos? Colour in an emoji.



sad



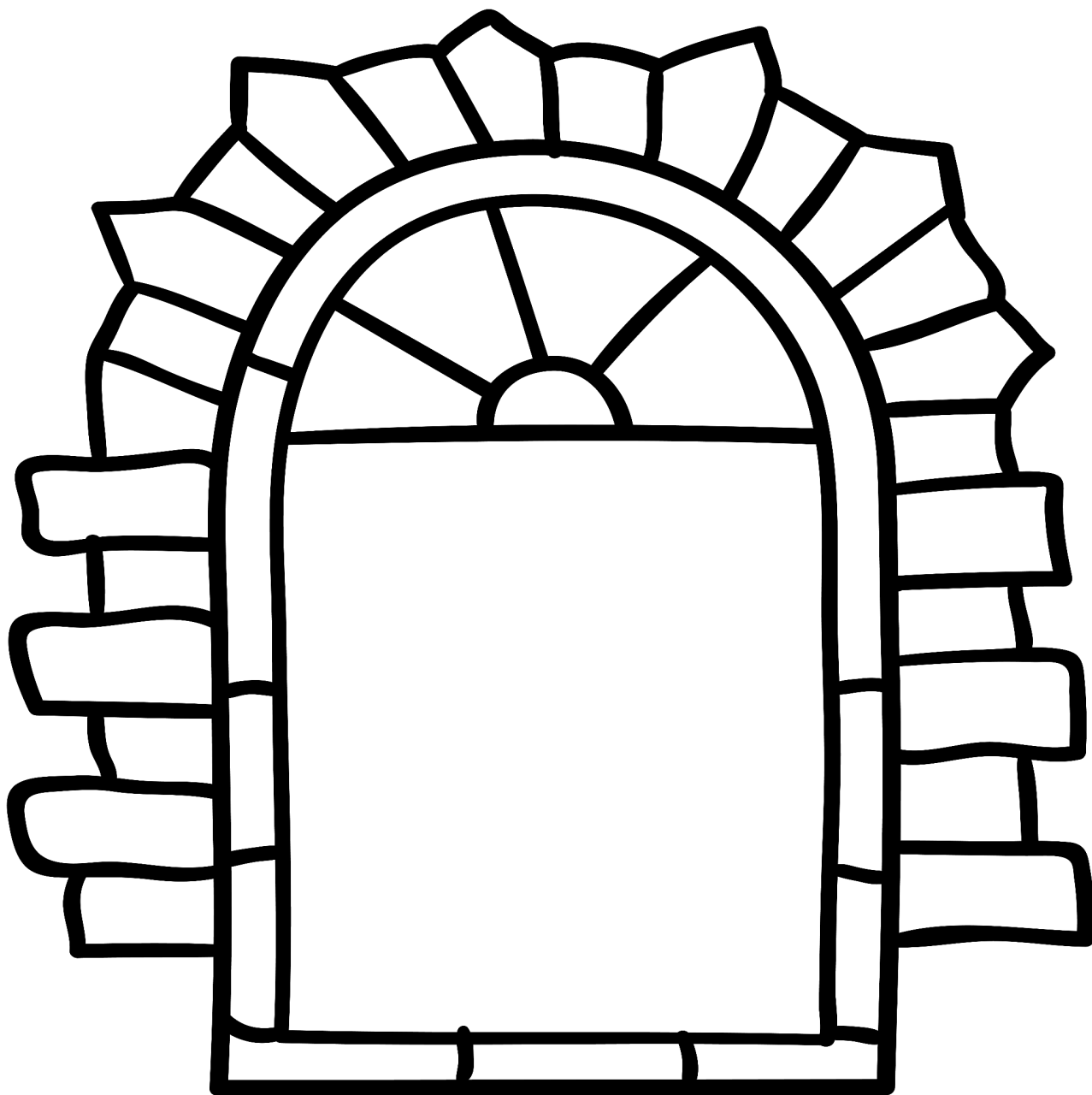
ok



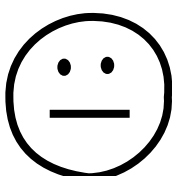
happy

VIEW FROM YOUR WINDOW

What is the view from your window? See if you can draw it today. Take in every detail of the view. Notice things you perhaps haven't noticed before. This is called being mindful. Mindfulness is great for your wellbeing. How did it make you feel drawing your view? Colour in an emoji.



sad



ok



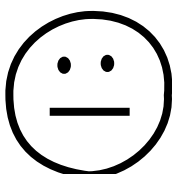
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COMMUNITY

Think about people in your community. Your neighbours for example. Could you write a letter for one of your neighbours who might be a bit lonely. You can draft out your letter here and then write it neatly on paper to post to your neighbour. How do you think they will feel receiving it? How did it make you feel writing it? Colour in an emoji.



sad



ok



happy

GETTING READY

It's nearly time to go back to school. How are you feeling about that? Ask your parent or carer to take you on a practice run.

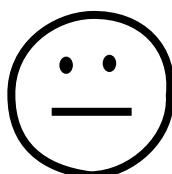
You could:

- ☐ Go shopping with your parent and carer and buy some exciting pack up lunch items.
- ☐ Get everything ready the night before and pack your bag with all the things you need for school.
- ☐ Make a pack up lunch with all your favourite things (you could eat this at the park or in the garden).
- ☐ Make a list of all the things you are looking forward to at school.
- ☐ Make a list of all the friends you are excited to see.
- ☐ Make a list of all the teachers you are excited to see.
- ☐ Think about the exciting things you have done over the holidays and which bit you will tell your teachers and friends about.
- ☐ Get up early in the morning and pretend you are getting ready for school. You can even put your uniform on if you want to.
- ☐ Have the best breakfast ever!
- ☐ Walk to school and imagine what it will be like in a few days when you really go back.

Draw a picture of something you did in the holidays that you are excited to tell people at school about



sad

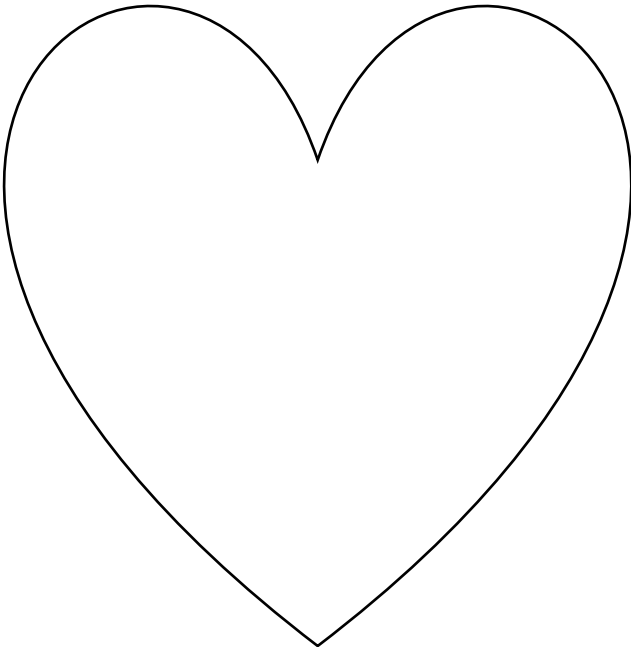
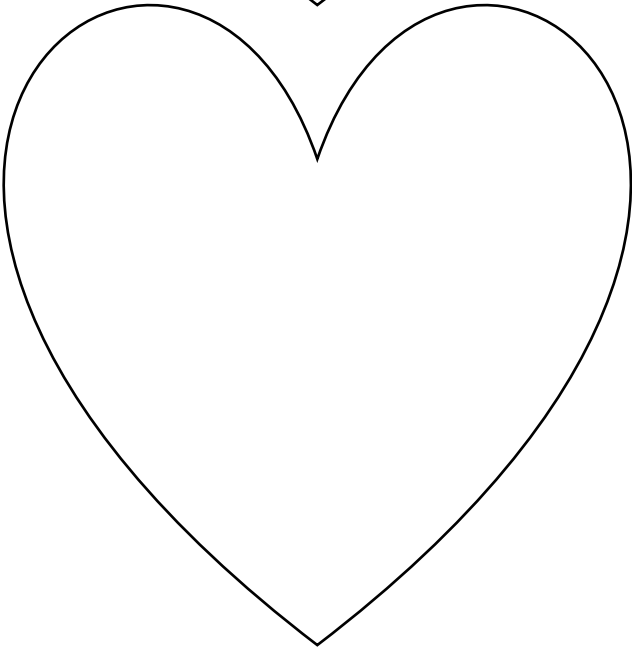


ok



happy

HEART HUG TEMPLATES



BOOKMARKS TEMPLATES

